

Turbinate: The Workout

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Turbinate Workout	2 x Sets of Exercises 2 x Challenges 25 Sec Intervals (unless stated). Demo where necessary *	20 Minutes Exactly
Set 1	1. Kick Drops * 2. One Squat One Jump * 3. Punch It * 4. Lean Back Switch * 5. High Knees * 6. Courtesy (Right) * 7. Move It * 8. Courtesy (Left) *	Exercises 1 to 8 Exercises 7 to 2 Exercises 1 to 8
Challenge	Sprint *	50 Seconds
Set 2	1. Cycle Sit Ups * 2. Power Squats * 3. Lunge Mix (Right) * 4. Drop Squats * 5. Lunge Mix (Left) * 6. Burpees * 7. Jack Plank * 8. Rebound Turns *	Exercises 1 to 8 Exercises 7 to 2 Exercises 1 to 8
Challenge	Sprint	50 Seconds
Cool Down	All major muscle groups	Recommend approx 3 mins